



Sweden life expectancy in years (2013)

Fact sheet Sweden

Fagt, Sisse; Matthiessen, Jeppe

Publication date:
2017

Document Version
Publisher's PDF, also known as Version of record

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Citation (APA):

Fagt, S., & Matthiessen, J. (2017). *Sweden life expectancy in years (2013): Fact sheet Sweden*. National Food Institute, Technical University of Denmark.

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SWEDEN

Total population: 9 511 000

Income group: High



Life expectancy in years (2013)



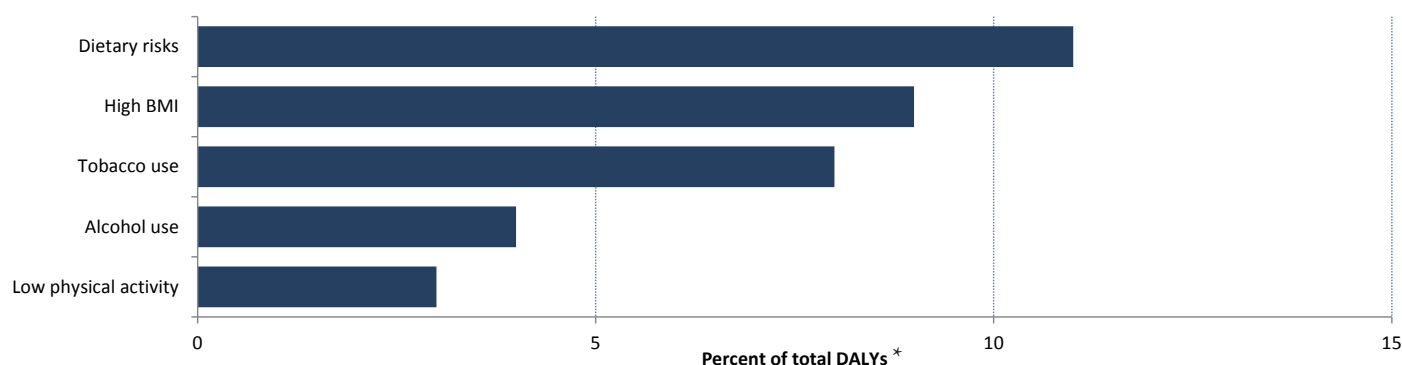
79,6



83,9

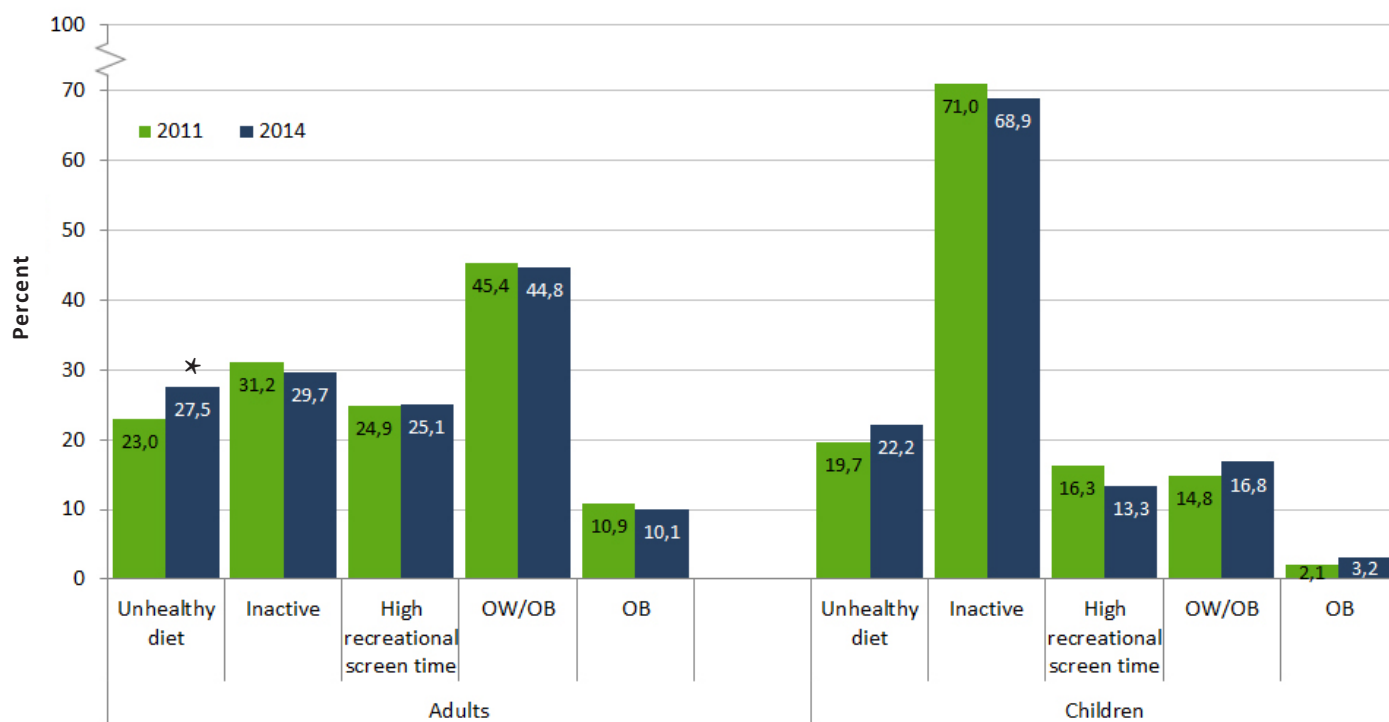
BURDEN OF DISEASE (www.healthdata.org)

Burden of disease from mortality and morbidity attributable to leading behavioural and metabolic risk factors (2013). **Risk factors** are potentially modifiable causes of non-communicable disease (NCD). The four main NCDs (cardiovascular diseases, diabetes, cancers, chronic respiratory diseases) are estimated to account for 72% of total deaths in Sweden.



* DALY (disability adjusted life year) is a measure of the overall burden of a disease and indicates how many healthy years of life are lost due to premature death or due to decreased quality of life associated with a disease.

DEVELOPMENT FROM 2011-2014 IN RISK FACTORS (NORDIC MONITORING SYSTEM 2011-2014)



* Significant difference between survey years 2011 and 2014

The development from 2011 to 2014 in unhealthy diet, physical inactivity, high recreational screen time, overweight (OW/OB) and obesity (OB) among adults (18-65-year-olds) and children (7-12-year-olds) in Sweden according to data from the Nordic Monitoring System.



Risk factors - Nordic Monitoring System 2014				
18-65 years	Males	Females	Total	
Unhealthy diet (%)	29.7	25.2	27.5	○
Inactive (%)	28.9	30.4	29.7	○
High recreational screen time (%)	28.0	22.1	25.1	○
Smokers (%)	14.3	16.5	15.4	○
Daily smokers (%)	7.5	11.4	9.4	○
Total alcohol consumption (times/wk)*	1.8	1.1	1.5	
Binge drinking last month (%)	53.8	27.2	40.9	○
Overweight/obesity (%)	53.0	36.0	44.8	○
Obesity (%)	12.4	7.5	10.1	○
7-12 years	Boys	Girls	Total	
Unhealthy diet (%)	27.3	17.0	22.2	○
Inactive (%)	66.1	71.7	68.9	○
High recreational screen time (%)	15.3	11.2	13.3	
Overweight/obesity (%)	15.8	17.9	16.8	
Obesity (%)	2.7	3.7	3.2	

* The mean total alcohol consumption of beer, wine and spirits as times per week

- Most favourable health behaviour in the Nordic countries
- Least favourable health behaviour in the Nordic countries

National systems in 2013 (WHO NCD Country Profiles)	
Has an operational multisectoral national policy, strategy or action plan that integrates several NCDs and shared risk factors	÷
Has an operational policy, strategy or action plan to reduce the harmful use of alcohol	✓
Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity	✓
Has an operational policy, strategy or action plan to reduce the burden of tobacco use	✓
Has an operational policy, strategy or action plan to reduce unhealthy diet and/or promote healthy diets	✓

Sources

- www.healthdata.org
- Matthiessen J, Andersen LF, Barbieri HE, Borodulin K, Knudsen VK, Kørup K, Thorgeirsdottir H, Trolle E, Fagt S. The Nordic Monitoring System 2011-2014. Status and development of diet, physical activity, smoking, alcohol and overweight. TemaNord 2016:561. Nordic Council of Ministers 2017
- WHO Noncommunicable diseases (NCD) country profiles, 2014.